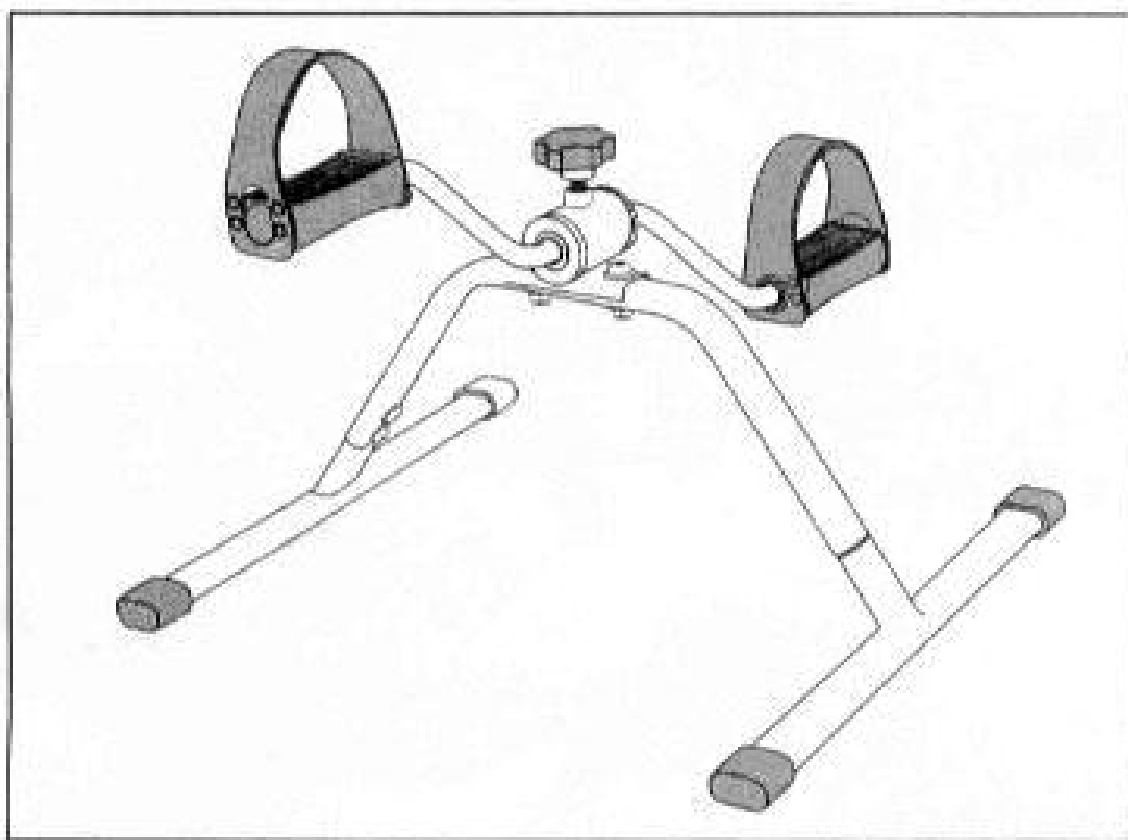




# **Pedal Exerciser**

## **OWNER'S MANUAL**



**FN-20393**

## Table of Contents

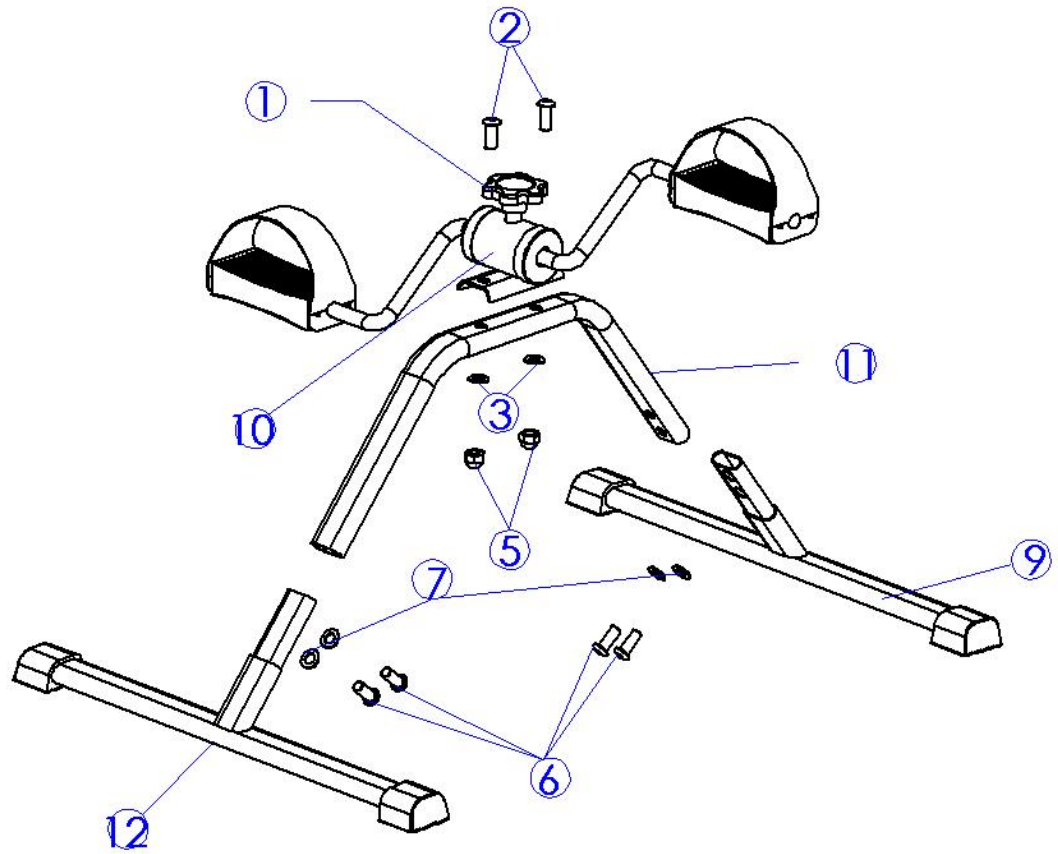
<i>Important Safety Information</i> .....	2
<i>Exploded-View Assembly Drawing</i> .....	3
<i>Parts List</i> .....	4
<i>Assembly Instructions</i> .....	4
<i>Exercise Instructions</i> .....	5
<i>Care and Maintenance</i> .....	7
<i>Warranty</i> .....	9

## **Important Safety Information**

**Please keep this manual in a safe place for easy reference.**

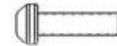
1. It is important to read this entire manual before assembling and using the equipment.  
Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Always be aware of your body's signals. Incorrect or excessive exercise can be detrimental to your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 1.65 feet of free space around it.
6. Before using the equipment, check that all nuts and bolts are securely fastened.
7. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
10. The equipment is not suitable for therapeutic use.
11. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.

# Exploded Drawing

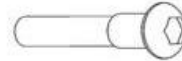


## Parts List

	Type	Qty,		Type	Qty.
1	Locking knob	1	7	Flat Washer M6 (1)	4
2	Hex Head Bolt M8x28 (2)	2	8	Open End Wrench	1
3	Flat Washer M8 (2)	2	9	Front Leg Assembly	1
4	Hexagon Key	1	10	Pedal Assembly	1
5	Locknut	2	11	Main Frame	1
6	Hex Head Bolt M6x10 (1)	4	12	Rear Leg Assembly	1



**1. Locking knob    4. Hexagon Key    8. Open end Wrench    6. Hex Head Bolt M6X10**



**7. Flat Washer M6    3. Flat Washer M8    5. Locknut    2. Hex Head Bolt M8X28**

## Assembly Instructions

**REFER TO EXPLODED DIAGRAM FOR ASSEMBLY**

### **Step 1:**

Assemble the Front Leg Assembly (9) into the Main Frame (11), by using 2 sets of hex head bolts (6) and flat washers (7)

### **Step 2:**

Assemble the Rear Leg Assembly (12) into the Middle Frame (11), by using 2 sets of hex head bolts (6) and flat washers (7)

### **Step 3:**

Assemble the Pedal Assembly (10) onto the Main Frame (11), by using 2 sets of hex head bolts (2), Flat Washers (3) and Lock Nuts (5)

## Exercise Instructions

Using your **PEDAL EXERCISER** will provide you with several benefits. It will improve your physical fitness, tone your muscles and, in conjunction with a calorie-controlled diet, help you lose weight.

### MUSCLE TONING

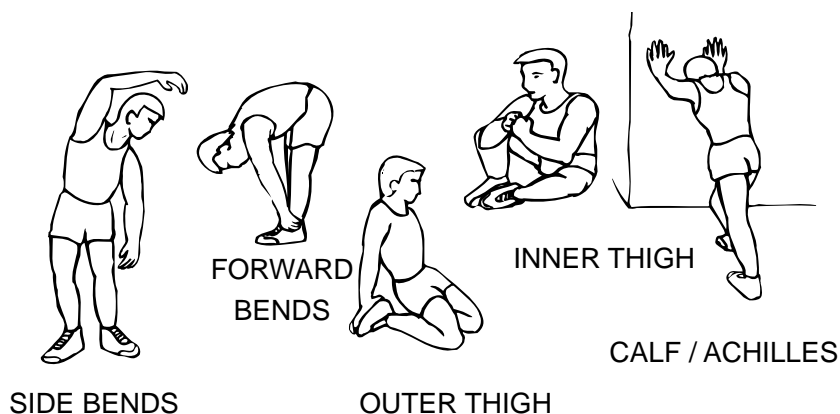
To tone muscles while on your **PEDAL EXERCISER** you will need to have the resistance set quite high. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

### WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

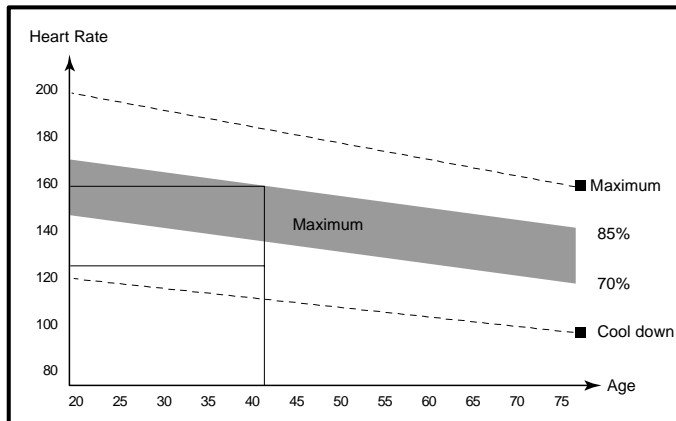
### THE WARM UP PHASE

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramps and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds. Do not force or jerk your muscles into a stretch - if it hurts, STOP IMMEDIATELY.



## THE EXERCISE PHASE

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work at your own pace and be sure to maintain a steady tempo throughout. The amount of work should be sufficient to raise your heart rate into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

## THE COOL DOWN PHASE

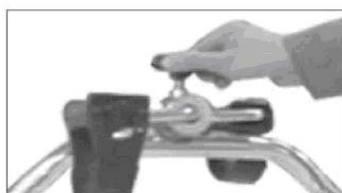
This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise (e.g. reduce your tempo). Continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week

# PEDAL EXERCISER



This is a low resistance exerciser for both legs and arms. Ideal for circulation after injuries or for those that cannot use conventional exercise equipment. With a motion like a bicycle, the Pedal Exerciser provides adjustable resistance for variable hand, arm, and leg strengthening. Can be used on a tabletop or on the floor.



### ADJUST THE RESISTANCE

Turn the tension knob to adjust the pedal resistance. Turn clockwise toward "High" to increase the resistance (makes pedaling more difficult) or counter-clockwise towards "Low" to reduce the resistance (makes pedaling easier).

## **Care And Maintenance**

1. Check before the **Pedal Exerciser** is first used and again at regular intervals that all screws, bolts, nuts and other connections are securely fastened to ensure that your training equipment is in safe operating condition.
2. Periodically check all moving parts, upholstery and grips for signs of wear or damage. If there is a problem or replacement parts are necessary, **STOP USING THE EQUIPMENT** and immediately contact your local retailer. **DO NOT** use the **EQUIPMENT** until repaired.
3. Lubrication of all moving parts is essential to the longevity and optimal performance of your Inversion Table. We recommend the use of a clear aerosol, silicone or Teflon spray. Do not use oil based lubricants as they will attract dust, dirt and grime and will eventually gum up and erode joints or sliding parts.
4. As needed, upholstery may be cleaned with a mild solution of soap and water. Regular use of a vinyl treatment will add to the life and appearance of your upholstery.
5. All chrome plated surfaces should be cleaned regularly to prolong the life and luster of the finish. Wipe the machine down with a commercial grade or automotive type chrome polish.
6. Check welds for signs of cracks. Discontinue use immediately if cracks are found.
7. Failure to perform routine maintenance could result in personal injury and/or equipment damage.

# **Safety Notice**

**Not recommended for use without competent adult supervision.**

**It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.**

**If you experience any problems or require any further**

**assistance, please contact  
our Customer Service line on 818-357-2339.**

### **Limited USA Warranty**

NuQuest International Inc. Warrants Body+™ Fitness Equipment to be free from defects in workmanship and material under normal use and service conditions. Parts are warranted for one hundred and eighty (180) days after the date of purchase.

This warranty extends only to the original purchaser. NuQuest Intl's obligation under this warranty is limited to replacement parts. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by NuQuest International.

NuQuest International is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature.

Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you. The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

Congratulations on your purchase of fitness equipment. You may register your product with the form below or simply go to our website at:

[http://www.nuquestintl.com/Warranty\\_Page.html](http://www.nuquestintl.com/Warranty_Page.html).

Registering your product makes it easier for us to help you obtain service for your product so don't delay and register today.

Registration form can be sent to:

Nuquest International Inc.  
19360 Rinaldi St. Suite 332 Porter Ranch, CA 91326



## Product Warranty and Registration Card

Your name:

Address:

City:

State:  \* Zip Code:

Email:

Product Name

Product Number

Purchased at?

Date of Purchase



**Nuquest International Inc.**

**19360 Rinaldi St. Suite 332 Porter Ranch, CA 91326**

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